

# PRANAM



ANANDA MARGA  
SYDNEY SECTORIAL NEWSLETTER

October '74 vol. 1 no. 1



For the establishment of Sadvipra Samaj --  
you will need: 1. courage 2. intellect  
3. unity. By intellect alone you will be  
able to defeat the corrupt government.

BABA



THE SUPREME COMMAND  
of Shrii Shrii Anandamurti

**T**HE MAN who performs Sadhana twice a day regularly, the thought of Parama Purusa will certainly arise in his mind at the time of death, his liberation is a sure guarantee. Therefore every Ananda Margii will have to perform Sadhana twice a day invariably. Verily is this the Command of the Lord. Without Yama and Ni-yama Sadhana is an impossibility. Hence the Lord's Command is also to follow Yama and Ni-yama. Disobedience to this Command is nothing but to throw oneself into the tortures of animal life for crores of years. That no one should undergo torments such as these, that he might be enabled to enjoy the eternal blessedness under the loving shelter of the Lord, it is the bounden duty of every Ananda Margii to endeavour to bring all to the Path of Bliss. Verily is this a part and parcel of Sadhana to lead others along the Path of Righteousness.



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## EDITORS NOTE.

The entire universe is always moving so  
our minds too will move through HIS guidance,  
from crude to subtle, limited to unlimited.

Pranam Ananda Marga Sydney Sectorial Newsletter October 1974  
Printing: Amber Press 5 Knox St, Chippendale, N.S.W.



If the society is governed and led by intellectually  
and intuitionally developed persons, there is no  
chance for exploitation and injustice.

BABA





# the point of a needle

MATTER AND SPIRIT from Subhasita Samgraha Part IV

by Shrii Shrii Anandamurti

The Supreme Soul abides abstrusely in every object. It is impossible for the crude organs to see or understand this deeply caverned Entity. Let me explain it more clearly. Take ether for instance Akashatattva or ether abides abstrusely in the molecules and atoms of every object. But do you see it with your crude organs? Now if an illiterate or half-literate man questions a scientist, "You say that there is ether. If it is, show me." Upon this it is useless to laugh at the ignorant man. He has to be guided and directed to the appropriate state of understanding its existence and in that state the existence of the ether that he will accept with all his heart by dint of his special intellect and intelligence, must perforce be above the common intellect of the ordinary non-scientific man. Brahmatattva or spiritual principle is a very very subtle principle. So to understand or know HIM certainly calls for a very very subtle, sagacious intellect, sharp as the point of a needle. Scriptures call it Agryabuddhi or Pointed Intellect. Here the Yama (mythologically, the God of Death, philosophically, the Controller) has said that this truth can only be experienced through this very Agryabuddhi. No other bearing can comprehend it. That is why, this deeply caverned Supreme Being is not equitably reflected on all minds, in spite of HIS being present in all entities or HIS being the essential part of every entity. It is only when the purity of the mental mirror is achieved with the help of Agryabuddhi that the Supreme Entity is rightly revealed on that plate. This Spiritual Principle is beyond the comprehension of crude organs like eyes etc.

You do feel every moment as to how limited the power of the optic nerves or that of any other organ is to apprehend Tanmatras or inferences. Take for instance a molecule or an atom of the physical world, which man can easily comprehend with a little mental effort but that his crude eyes are unable to see or comprehend through the media of form-tanmatras. In order to see or feel the them you will have to take the aid of a special kind of instrument. Even to learn the know-how of its application and use you will have to undergo a regular Sadhana in the laboratory with it.



In order to realise the Brahma-like, all-encompassing subtle principle also, you will have to focus your mind introspectively in accordance with a special method like this. You will have to do regular experiments, i.e. Sadhana in your mental laboratory. Just as comprehension of molecules and atoms is not possible just by listening to others about them, instead of doing the experiments yourself, similarly Brahma cannot be attained through arguments and reasonings, based on the opinions of the different authors or by opening out study circles or through spurts of speeches and lectures. For this you will have to develop your Agryabuddhi (pointed intellect) itself in every way with complete devotion and zeal.

It is through this Agryabuddhi that you will realise HIM with your entire being. In such an event HE will no more remain your imaginable thing of the imaginary world. HE will come down to you as the perceptible, obvious Entity of the earthly world. Crude intellect is enough for the comprehension of crude objects, but to go into the domain of subtlety that crude intellect can cut no ice. That intellect then has to be chiselled into a subtle one. To understand the subtlest Entity it has got to be made subtlest, and keenest like the point of a needle: all desires and propensities have got to be centralised to a point -- this is what is known as the Agryabuddhi. When the intellect progresses from crudity to subtlety, the mind too gets subtler and subtler, keeping pace with it and finally it attains complete suspension. This very state of suspension is called Identity with the characteristic Self of the unit.





# a letter from gomatii

Dear brothers and sisters,

Namaskar. I have just come in from watering the garden. The sun is hot outside, watching over all HIS children as they dance the dance of eternity: yet HIS radiance outshines even the sun, the warmth of HIS love knows no night, and each moment our hearts are unfolding devotional petals before HIS gentle gaze.

All is HIS grace. As HE leads us towards divinity HE leaves not one vibration of ourselves untouched. The sadhana HE has given, HE ensures, continues through our every thought and action -- by accepting HIS guidance we cannot help but feel this.

Recently Dada Abhiik and Vivekaji returned from the land where HE lies. They were both glowing with HIS love. As they spoke of HIM, related stories which they had heard, told us about our noble brothers and sisters in India, we listened, blissfully spellbound.

Dadaji brought back with him more guidance from our Lord -- additional information on the 16 Points and a set of 40 Social Norms, as well as specifics concerning newsletters (which, as you can see are to be more practical in nature) and other projects we are or will be undertaking.

Like a watchful father HE truly knows what we need. The effect of following the expanded Points is one of such purity of body and mind -- HIS radiance becoming more and more manifest within ourselves. They start with purity on the physical plane, the first eight deal mostly with this, then number nine, Sadhana, including morality, is the basis of our purity in our mental and spiritual lives. Although many of them are difficult to follow at first, and although there may appear to be little reason behind them, as we become habituated in them, it's obvious how right and necessary they are -- just to do a half bath in the correct order makes so much difference as to its effect. Now BABA has also given Social Norms. Observing these fills us with a social purity which is so uplifting. We become so considerate of our brothers and sisters and love just flows.





Sectorial Office has become a different place since we have been trying to follow the 16 Points more strictly, each person is shining even more than before; the garden is shedding its almost neglected appearance to be full of newly planted vegetables and herbs, and the house too is obviously treated with more love. People are doing service left and right... you have to get in quick to even perform your scheduled duties. Here and there around the place you'll find scatterings of granola crumbs and plates of water or milk left out for the birds and neighbourhood cats. (You can even find you're crawling with ants after sitting inadvertently near a spot where someone has left a sacrificial pile of sugar...) Thank you, namaskars, good mornings and good evenings are heard as a continuous melody of HIS sweet song between the various kiirtan tunes which float high and low in the air -- BABA NAM KEVALAM.

In the evenings after dinner we do collective Svadhyaya, which is beautiful -- everybody together, reading HIS words. Also for half an hour in the morning before breakfast we have a period for self analysis and maonabrata (silence) -- it's when we can fill out our 16 Points and conduct rules charts (you will all soon be receiving these) for the previous day and observe in what respects we can be closer to HIM. Going through the Points each day really makes you aware of them so you can be constantly seeing and learning how deep they are.

Imagine, with more and more people becoming aware of what bliss human life can be, what an amazingly sentient world it will be. So HE is telling to follow the 16 Points and to propagate them to Margiis and non-Margiis alike -- the best way to do this, of course, is by our personal example. As our lives, through following these Points, become a one pointed flow towards the Divine, we can lead the rest of mankind.

Your sister in HIS name alone,

Gomatii.





# HIS Lila

1. Use of water: The proper way to wash is, after passing urine, wash the urinary duct once with cold water, empty the bladder fully, then wash again for the sake of cleanliness. A Shaocamanjusa is a small container of water which should be carried at all times for use when outside jagrti or home.

2. Skin: Natural means that the foreskin stays back naturally; artificial means that the foreskin is put back and after a number of weeks or months it remains back: operated means a circumcision.

3. Joint Hair: Hair under the arms and the pubic hair should be cleaned with soap and oiled with a natural oil each day. Be sure that the hair is dry before oiling.

4. Underwear: Should be worn so that it provides the necessary support and protection.

5. Vyapak Shaoca (Half Bath): Should be done before sadhana, before meals and before sleep. If a meal comes directly after sadhana then there is no need to do a full half bath again, but the hands and feet should be washed. The proper method for taking a half bath is as follows: Firstly wash sexual organ, then knees to feet, elbows to hands, keeping water in the mouth splash water in open eyes at least 12 times, nasal wash (draw water up both nostrils at the same time and spit out of mouth), clean the throat with the middle finger of right hand, clean behind the ears with the second finger of the hands, and finally wash the neck and shoulders.

6. Bath: At the time of taking full bath, a half bath need not be taken. Also, although it may prove difficult at first, the proper way to take a bath is not to be completely naked, rather to leave the underwear on: this helps reduce feelings of sexual desire and vanity.

One should not be standing at the time of taking a bath (or shower) — the use of water in connection with the body is very special, so it is best not to be standing when drinking, passing urine or showering. After bathing the bath mantra should be performed facing a light source; the effect of the light on the body is very healthy so, if alone, one should be naked while repeating the mantra, but before others a little

clothing should be worn. The best times for taking a full bath are at sunrise, sunset and noon — it should be avoided around midnight.

7. Food: General Margiis and LFTs are permitted to take some rajasik food, but obviously sentient foods should be preferred at all times.

8. Upavas (Fasting): means remaining close to the Lord so these days are like the yogi's 'sabbath' — one should try and ideate more on God and keep the mind as pure as possible. One should try and fast without even taking one drop of water, for even this will activate the system and the body doesn't fully rest. General Margiis and LFTs need only to fast on Ekadashii: however it is recommended that if not fasting on the full and new moons, only liquids or light fruit be taken on these days.

9. Sadhana: Madhuvidya (Honey Knowledge) is second lesson, ideation on the divine, and is to be done compulsorily before: 1. bath 2. meals 3. sadhana 4. sleep as well as at other times during the day. All lessons — should be done each time one meditates. Note how many times you do all lessons each day.

Sarvatmaka Shaoca — (i) Vyapak Shaoca i.e. pervasive cleanliness. (ii) Shaoca of Yama-Niyama i.e. internal and external purity one gets through morality. (iii) Social Norms i.e. purity in social relations. Asanas — Note how many times asanas are performed each day.

Tapah — (i) Bhuta Yajina — towards that which is created i.e. towards plants and animals as part of the universal family. The concept of Tapah is to give of oneself, therefore you should think to serve HIS creation before serving yourself, before you eat, or you should think to set aside something from your own dish to later serve to plants or animals. (ii) Nr Yajina — there are four kinds of service to human beings, i.e. Shudrocita Seva, to physically serve someone who is in need; Vaeshyocita Seva, to donate money or material for the welfare of others; Ksattryocita Seva, to serve by endangering oneself; and Viprocita Seva, to bring others to the path of righteousness by making them aware that their behaviour is wrong and is to be rectified. (iii) Pitr Yajina — Service to the ances-



1. Use of water			Sudhiir
2. Skin			None could stand
3. Joint Hair			Sudhiir
4. Underwear			Sudhiir
5. Vyapak Shaoca			Devasvarupa
6. Bath			Sudhiir
7. Food			Gomatii
8. Upavasa			Gomatii
9. Sadhana	a) Madhuvidya		Gomatii
	b) All lessons		Sudhiir, Vikasha
	c) Asana		Navakumara
	d) Sarvatmaka Shaoca (body, dress, bed, environment)		Harideva
	e) Social Norms		Diipamkara
	f) Mental Purity		Radha
	g) Tapah -- Pitr		Gomatii
	Adhyatmika		Sharada
	Bhuta: animal		Nala, Damayanti
	plant		Gomatii
	Nr: Viprocita		Viveka
	Ksattriyocita		Viveka
	Vaeshyocita		Sharada, Annadatrii, Narada, Jaga
	Shudrocita		Viveka, Paritosa B
	h) Yama-Niyama		Diipamkara
10. Ista			Viveka
11. Adarsha			Viveka
12. Conduct Rules			Radha
13. Supreme Command			Sudhiir
14. Oaths			Guban
15. Dharmacakra			Radha
16. Conduct Rules in detail			Paritosa B
Seminar			Gomatii
Duty			Karuna, Amalina Devii
Kiirtan	a) Lalit		Navakumara
	b) Tandava		



Best all-round effort

Brother: Viveka, Sudhiir

Sister: Gomatii

Married Couple: Karuna and Kapil

tors is expressed in the bath mantra and by observing the four debts i.e. to mother by working to elevate all women, to father by serving all men, to acarya, and to Guru by doing HIS work. (iv) Adhyatmika Yajina -- to do one's own sadhana with determination, always thinking to improve it and to bring others to the path.

Svadhyaya -- reading out loud from Subhasita Samgraha or Ananda Sutram.

10, 11, 12, 13: Strictness to Ista, Adarsha, Conduct Rules and Supreme Command on physical, mental and spiritual levels.

14. Dharmacakra: Compulsory to attend once a week; if not attended one should skip a meal. The higher meaning of Dharmacakra is

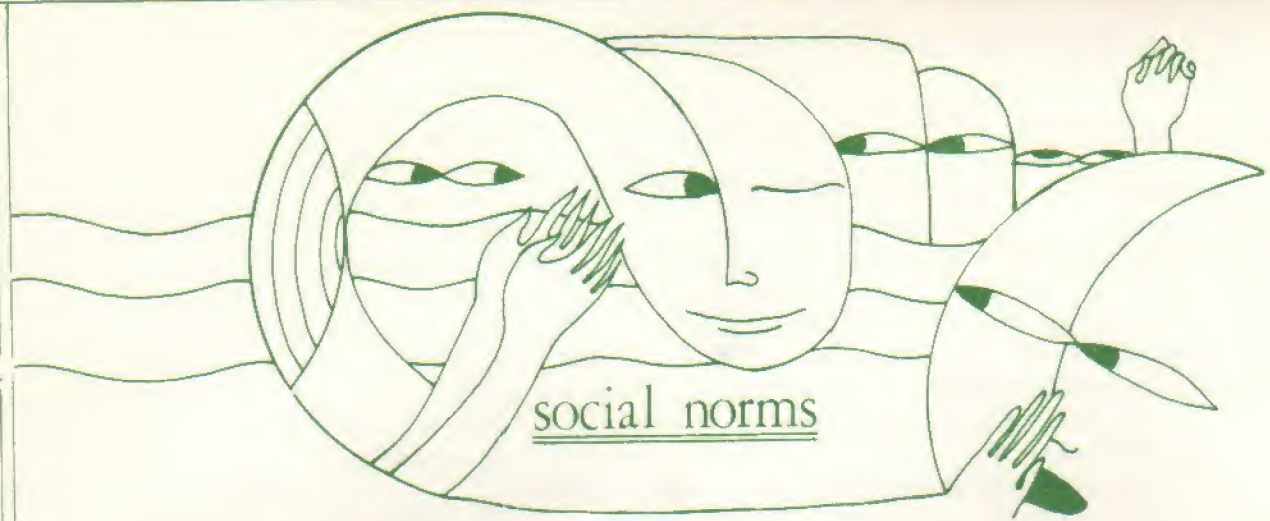
to bring the Universal Family to Dharma (righteousness), to re-establish Dharma in society.

15. Oaths: Tantric oaths taken at initiation should be memorized word for word and followed strictly.

16. CSDK: One should try and follow all the conduct rules. Seminars include increasing one's knowledge of spiritual philosophy, social philosophy, one's mother tongue and English. Margiis should work unitedly with others, performing their duties in a responsible way. Kiirtan is of two types --

(i) Lalit, which is chanting RABA NAM KEVALAM and should be done before each sadhana  
(ii) Tandava for the brothers.





1. You should offer thanks to one from whom you are taking service.  
(Say 'Thank you')
2. You should promptly reply to one's namaskar in a similar way.
3. At the time of receiving and offering something, you should perform with the right hand touching the left palm just at the point of the right elbow.
4. You should stand up from your chair if any respectable elder person comes before you.
5. While yawning you cover your mouth and make a mild snapping sound with the help of your fingers at once.
6. While talking you must use respectful words about a person who is not present.
7. Before you sneeze you must cover your mouth with handkerchief or hand.
8. After cleaning your nasal duct you should wash you hand; also remember at the time of distributing food, if you cover a sneeze or cough by using hand, you must wash the hand immediately.
9. After passing stool and using water your will wash your hands with soap, but the soap should first be rubbed in the right hand and then the left hand should be cleaned.
10. Before you come to some persons engaged in talking you should seek permission and then come.
11. You should not engage in private talk in train or bus.
12. Don't take other's article without his prior consent.
13. Don't use anything of others.
14. While talking don't hit anybody by your harsh and pinching words: say what you want to say indirectly.
15. Don't indulge yourself in criticising others' faults and defects.
16. When you are going to a meeting with office personnels, you should seek prior permission or send your identity card or at least a verbal permission.
17. You should refrain yourself from reading the personal letters of others.
18. While in conversation you should give scope to others to express their view.
19. At the time of talking, when you are listening to somebody, you should make a mild sound off and on indicating that you are listening to him attentively.
20. When talking to somebody you should not turn your eyes or face in another direction.
21. Don't sit in 'Zamindary-posture' and dance your feet in a silly manner.





22. If a man whom you have gone to meet is writing something at that time, then, do not look at his writing paper.
23. Don't put your fingers off and on inside your mouth, and never cut your fingernails with your teeth.
24. At the time of conversation if you fail to understand anything, then, humbly say -- "Excuse me, please."
25. When somebody is inquiring about your health and welfare you should offer your cordial thanks to him.
26. Tell 'Good Morning', 'Good Evening' and 'Good Night', according to the phases of the day.
27. You should not go to other's house to call on somebody at night after 9 p.m.
28. If you are to convey something negative to someone, you should use the words 'Excuse me' and start your talk.
29. Before you go to meal you should wash your hands and feet.
30. If you want to take honey you should take it with water.
31. Don't talk standing before someone who is then eating.
32. Don't sneeze or cough when you are at the dining table.
33. Don't offer food-dish to anybody with your left hand.
34. Don't take bath or take water in a standing position.
35. Don't pass urine or stool from a standing position.
36. When your left nostril (Ida Nadii) is active you should take liquid type of food and take solid food when the right nostril (Pingala) is predominant.
37. When your Ida Nadii is working predominantly you should utilise the time for your sadhana.
38. You offer the drinking glass from its lower portion.
39. When you are serving drinking water to somebody, you first wash the glass then fill it with water and offer.
40. At the time of taking food, if you are profusely sweating, you should remove the sweat with your handkerchief.

and in the stillness through

the ever moving you

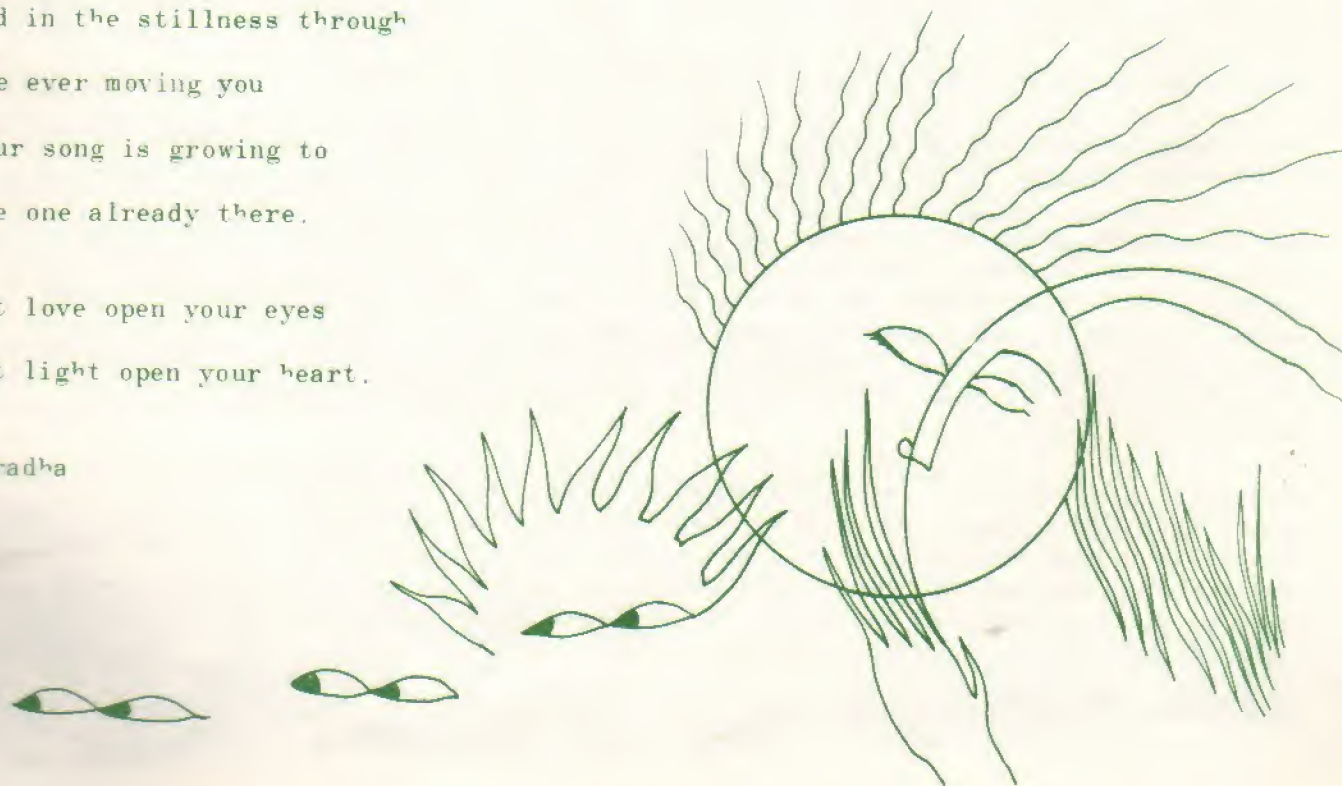
your song is growing to

the one already there.

let love open your eyes

let light open your heart.

- radha





# two visits

Being blessed with HIS grace in so many ways, I found myself travelling to Patna on an authorized programme to have personal contact with BABA on Monday, 16th September. I arrived early Monday morning to contact Ac. Keshavanandaji, BABA's General Secretary, who co-ordinates all visits. He, however, had not received prior knowledge of my programme.

No preparation had been made with the proper authorities, so Keshavanandaji said, "All we can do is try, but I am not promising anything."

We met with much difficulty, for there were already three brothers scheduled to see BABA that day. Three is the permitted number, but now with four we had to obtain clearance from the jail authorities. A phone call to the superintendent of the jail met with a negative response, for only last week special permission was granted for four people to see BABA.

Keshavanandaji, a brother from Patna and a brother from Dehli and myself arrived at the jail and submitted written requests to see Shrii Shrii Anandamurti in HIS cell. While waiting for a reply, I experienced a beautiful feeling of realising that every action is only by HIS grace. We had done all we could to get this far, now we could only completely surrender to HIM, just witnessing all that was about us -- the guard motioned for all of us to enter.

I had a feeling of being far from what was going on around, a feeling of security, of just watching, as I was interviewed, my hand stamped, my pockets emptied and my body searched.

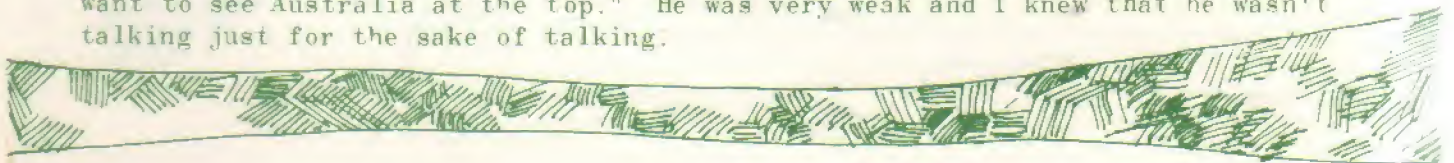
Together we moved under escort from the offices, through steel doors, into the main out-door compound, where, on request, hundreds of prisoners stepped aside for us as we made our way to HIS cell.

We passed through a high stone wall which lead to another compound, smaller and not occupied. This contained units like very small one storey flats, each with its entrance protected by four walls as high as the building.

A curtain hanging in the doorway of BABA's cell was opened by the guard. Keshavanandaji removed his shoes and entered; we followed.

The room was filled with a sweet fragrance as we lay in silence, prostrate at HIS feet. On hearing Keshavanandaji speaking very softly, we slowly raised ourselves. He informed BABA who had come to see HIM. BABA was lying on HIS right side on a low bed, HIS personal assistant was kneeling at HIS head, softly massaging BABA's scalp. When we moved to massage the rest of HIS body, the Dada instructed that because of the severe pain HE was suffering, we were only to massage HIS feet.

HIS voice was very soft and clear; Keshavanandaji called us one at a time to speak with HIM. When I was called, Keshavanandaji introduced me as a worker from Australia. BABA was lying with eyes closed, then HE turned and opened HIS eyes for a moment and smiled, "All over the world there will be much competition; I want to see Australia at the top." He was very weak and I knew that he wasn't talking just for the sake of talking.





HE then spoke of Pankina PROUT Community: HE said it was to be a master unit -- only one other such unit exists today; that is Anandanagar. HE gave the name of this master unit as 'ANANDA PALLI' and defined it as 'Abode of Bliss'.

BABA paused for a bit, then asked, "What is the difference between an ideal man and God?" HE went on, "There is none. My son, Do you know what I mean? There is none." When BABA speaks, there is so much sweetness in HIS voice, you don't want HIM to stop; but when HE posed this question and answered it, I felt a very deep meaning to what HE was speaking of, I understood what HE meant. At that very moment of understanding I felt weightless and hung onto HIS arm, HIS eyes were again opened like the father of all fathers giving proper guidance to HIS children.

BABA then said, "534 days and this physical body, you see what it is. I am undergoing much pain and suffering, but you know Dharma will be established." HIS voice was strong and positive, with the power and gentleness of a smiling lion: I could see that HE is not in jail, and HE is showing us a way out.

BABA's face shows signs of a long fast: HIS temples are sunken, with a dark red blemish extending from HIS eyes to HIS temples. Many times HE points to HIS ears reminding us of HIS poor auditory condition. HIS internal system has been greatly damaged -- all this goes unnoticed, however, when HE opens HIS eyes.

I conveyed a most humble namaskar from Dadas Dharmapala, Abhiik Kumara, Pinaka Panii and Pranavanandaji, and expressed the same from all the Margiis in Australia. BABA asked if I had seen all the Dadas recently and wanted to know about them. HE praised the 'Clarion Call' newsletter and informed us to keep up the good work. Beside HIS bed was the latest issue along with a few empty cases of Horlicks neatly serving as shelves.

Three guards were standing just inside BABA's cell, watching and waiting. They have an outward appearance of being fearless, tough men, crude in nature, but when in BABA's cell, they become very small and humble, closer to what they are actually experiencing inside.

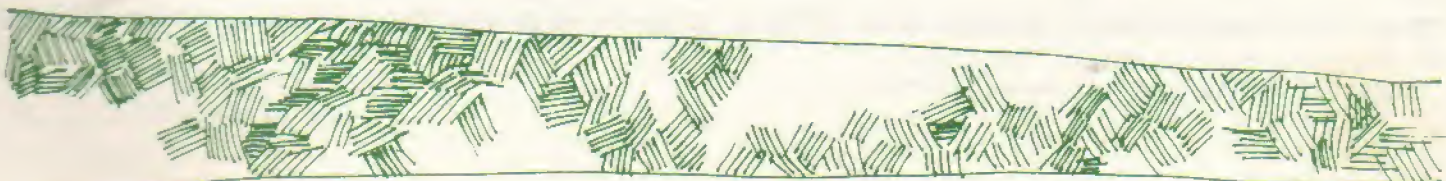
After twenty minutes had passed one of the guards reached and touched my shoulder, signaling that it was time to leave. None of us wanted to move. As I slowly got up, I thanked BABA for allowing me to come inside HIS jail. BABA smiled and, reaching up with both hands, HE grasped my head and gave me HIS blessing -- HE said, "Be a great man, be an Ideal man!" -- I vowed that I would try. Each of us took our leave, with our namaskar held until the sunlight advised us that we were now outside.

We were vibrated so much that the other prisoners and jail authorities stood in silence, watching as we were escorted to be checked out. They all know about BABA and love and respect HIM so much.

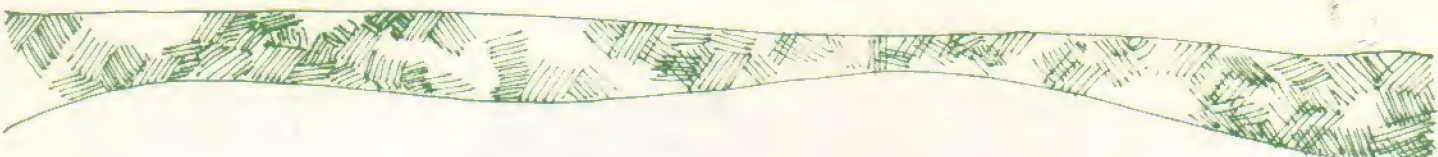
BABA is the biggest chance in our lives.

BABA NAM KEVALAM

- Viveka







By HIS grace, I along with Yatiishvaranandaji, Keshvaranandaji (Acting General Secretary), and Shyam Sundar Govinda (at present secretary of AMURT) were able to see beloved BABA on September 9th.

It is hard to describe what we felt after seeing HIM physically after many years. Upon entering HIS cell we did sastang pranam (prostrated) before HIM. HE looked at us and said HE would talk to us individually. At this moment I felt strongly as if BABA was waiting for us. First HE inquired from Keshvaranandaji about organizational matters and his recent tour of South India. Secondly HE talked to Yatiishvaranandaji. Yatiishvaranandaji said to BABA that Margiis in U.S. have grown so much in devotion and they are eagerly waiting for HIM. BABA replied that HE would go there. Yatiishvaranandaji immediately asked BABA, 'When are You coming?' To this query BABA just smiled and said HE has become very strict with the practice of 16 Points and conduct rules. HIS message was very clear, that Margiis should practice 16 Points and conduct rules very strictly. HE further added, 'Your BABA is physically weak, but mentally and spiritually HE is the same.' HE also said that a newsletter must be published from every region regularly and suggested a daily newspaper should be published from every sector. Towards the end of HIS conversation with Yatiishvaranandaji HE became very serious and in a very determined voice HE said, 'Destroy all sins and immorality from earth without delay.'

Then HE talked to me. I laid my head on HIS arm, and with the other hand, HE caressed my head, just like a father giving affection and reassurance to HIS child. HE told me about some changes that HE has made recently. I told HIM that Margiis in Australia and New Zealand are sending their love. He nodded as if accepting it. HE said HIS piles are still bleeding and that HE is still very weak. All the time HE was speaking in a mild voice. Also HE has to stop between while speaking to us.

Lastly, HE talked to Shyam Sundar.

BABA said, 'the master of AMURT has come.' Shyam Sundarji fell on BABA's arms and wept. HE was not able to say anything to BABA, he just kept on weeping and BABA inquired how his family was. BABA put HIS hand on his head and blessed him while reciting a beautiful Sanskrit sloka.

BABA's physical body seems all right externally, except HIS face and hands which look so dry and thin. On the whole I felt our visit was very much like personal contact. We stayed even after our time was up. Finally we did sastang pranam and were about to leave when BABA said, 'Keep on sending Margiis from your sectors.'

Keshvaranandaji told us that BABA gets really pleased when Margiis or workers come especially from abroad.

In the afternoon we were able to see three out of the four co-accused. We met Sarveshanandaji (the General Secretary), Satyanandaji (the first Avadhuta) and Barnunji. We had a long talk with them. Yatiishvaranandaji narrated what is happening in New York Sector and I told them in brief what is happening in Sydney Sector. They were so happy to know the progress of HIS mission abroad. We also noticed that the atmosphere in this jail is more free. We were really joyous to meet our brothers after long years.

Next day we left Patna by plane for Kathmandu, but the plane could not land in Kathmandu because of bad weather, so we returned to Patna. From the airport we went to BABA's residence, performed sadhana and stayed over-night with Sujitanandaji, Personal Assistant to BABA. It was a wonderful experience for us in HIS residence.

Next morning, September 11th, we flew to Kathmandu. We met Karunanandaji, Rameshanandaji and other avadbutas from Central Office.

BABA willing I will be arriving in Auckland by the middle of October and after proceeding to South America. My new posting is SS Georgetown Sector. My love and namaskar to all the Margiis.

Yours in BABA's love,  
Sumitananda Av.





One day, a few months ago, BABA said to one Margii in jail:

"My boy, do you know what day this is?"

"No, BABA."

"Today is Krsna's birthday."

Then HE proceeded to relate a story of Krsna:

"Now when Krsna was a little boy, HE was very naughty. He would constantly be stealing buttermilk from HIS foster mother, Yasod, and from all the people of the neighbourhood.

"As this continued, without any signs of stopping, the neighbourhood folk became more and more perturbed, and finally they all marched over to Krsna's foster mother's house and complained.

"Naturally, Yasod was very embarrassed and upset, and she called Krsna immediately in order to reprimand HIM. She scolded and told HIM not to steal buttermilk from anyone ever again. For punishment, she decided to tie HIM to a pillar, so that HE would learn how to behave.


"Following HIS foster mother's instructions, the young Krsna stood up against the pillar while Yasod proceeded to tie a rope around HIM. The rope, however, was too short, so she was forced to go in search of another. To her surprise, the second rope also proved to be too short, so once again she went to fetch a longer piece. The third piece also could not reach around the pillar to be tied.

"Again and again Yasod went in search of longer and longer pieces of rope, but none would suffice and finally, much to her distress, she ran out of rope.

"By this time, of course, she was very confused, so Krsna took pity on her and revealed to her HIS Vishvarupa, HIS Universal Form."

BABA smiled and concluded:

"My boy, do you think that I am in jail? Is it possible to bind Parama Purusa?"





# monthly report to central office

## 5 COMMON POINTS

Initiations: Ac. Sumitananda Av. 0 (out of sector)  
Ac. Abhiik Kumara Bro. 0 (out of sector)  
Ac. Dharmapala Bro. 0

Unit Formation: Nil

Fund Collection: Canberra £ 9.60  
Perth 56.00  
Adelaide 74.20

Society Building: Most LFTs are settling into their units after taking up their postings. One LFT has filled a position in Sectorial Office (SO) and two are in Sydney working on a RAWA recording. There are 7 Margiis in the units interested in LFT training.

RM: Nil

DDC: Done in Brisbane on three afternoons, contacting 170 houses (uncertain number of people). Also done in Sydney with 75 houses contacted, 51 people talked to, resulting in 10 interested people.

## 1. RDS -- REVIEW:

Activities within the sector are stabilizing and accelerating with the arrival of LFT trainees in the units.

Adelaide: Since arriving at his posting, LFT trainee is doing part-time work and pracar, specifically publicising Ac. Dharmapala's next visit. Two DC's and an OSC (Open Spiritual Conference) are conducted each week.

Brisbane: Service was done at the mental hospital and a talk given at a progressive school. An OSC, philosophy class and DC are held weekly. Regular DDC is being done and 3 LFTs and Margiis often visit Ananda Palli to help with farm work there.

Canberra: More posters were prepared to advertise OSCs and weekly PROUT talk. Workers here do regular service with retarded children, taking them on outings, picnics, etc.

Hobart: Ac. Dharmapala conducted very inspiring weekend retreat to which 13 attended. Contacts were made with Red Cross and Civil Defence for establishing AMURT. Regular OSCs, DCs and a WWS meeting are held and jagrti members continue to run Bliss Bros. market stall and a food co-op.

Melbourne: Ac. Dharmapala spent an unusual visit helping to clean and paint the new jagrti. One of the 2 LFTs is working in order to stabilize financial condition. DC is held once a week.

Port Moresby: The one sister LFT, who is working full-time will soon be joined by another sister. Presently 2 DCs and one class are held weekly.

Perth: LFT trainee arrived, met with Margiis and revised activities and organization of the unit. DAWN (WWS project) and OSC are going well. A public PROUT talk was given and arrangements are being made to involve RAWA in a cultural festival.

New Zealand -- Auckland: LFT trainees en route to NZ postings spent a week in Auckland discussing plans and projects for units. One stayed here in order to familiarize herself with jagrti activities before going on to Dunedin. Weekly OSC students are progressing well and another class is being started. Other activities include regular philosophy class and service at a brothers' prison and a children's home.

FOR KEY TO ABBREVIATIONS SEE E.D. OF ARTICLE



Christchurch: 2 brothers in the unit have been working full-time. New LFT trainee arrived and classes are being set up. Group meditations are well-attended and regular service is done visiting a brothers' prison.

Dunedin: Unit awaiting arrival of LFT trainee as unit LFT has now taken up position in SO.

Nelson: Preparations are well underway for the regional retreat to be held here early next month. LFT trainee has been settling into the unit activities and meeting Margiis. OSCs and DCs are very well-attended and the first WWS meeting was held with 8 sisters attending. This unit is probably the strongest in the region.

Sydney: 2 LFT trainees are supervising activities in new jagrti. Already 2 OSCs and a philosophy class are held as well as DC, and a food co-op is soon to begin.

At Sectorial Office, after a hectic time at the end of LTC when several trainees had to stay due to delays in going to their postings, things settled down and most new workers are learning their duties well. LFT trainees have been posted as PRS and assistant DPS (until the present DPS leaves). At present there are three RAWA workers — RAWA S (Amalina), Govinda in charge of LP production (devotional songs) and Radha posted to Palm Beach, a beach suburb 20 miles from Sydney where many artists live. Two further LFTs are expected to come to SO by the end of the month after familiarizing trainees posted to their units with the unit activities.



Ac. Sumitananda left from Auckland for the SS conference in Nepal: Ac. Abhiik left from Sydney after consolidating PO at the office and leaving instructions of duties of the various secretaries. Ac. Dharmapala visited Adelaide, Melbourne and Hobart units and met with all trainees posted to his region.

The usual board meetings were held in SO and in addition several Sectorial Emergency Committee meetings took place (the SEC is at present making decisions normally made by the SOS, as per his instructions before leaving).

The Sectorial Assistant and DPS have been contacting other spiritual groups with a view to starting a Spiritual Forum, at which representatives from all spiritual and religious groups will be able to come and present their way of life to the public. It is hoped that people will be attracted to this open forum where they can easily learn about the spiritual path and become involved in it. Two meetings were held as a preliminary to establishing the Forum and a committee consisting of Ananda Marga, Divine Light Mission, Theosophical Society and Unified Family was formed to implement and supervise the Forum. Ananda Marga is scheduled to speak at the first Forum meeting which will be in the beginning of next month.







I AM THAT

— Radha

Chorus \*\*\*

I am that I am (x 4)

I'm neither body nor mind,  
Eternal Self I am (x 2)

\*\*\*

And every move I make  
Is not a step of mine.  
And every step I take  
Is just HIS dance of time.

\*\*\*

And every song I sing  
Is through HIS lips so sweet.  
And every flower I bring  
HIS perfect love complete.

\*\*\*

And all the love we feel  
Is just the love HE gives.  
The only life that's real  
Is just the life HE lives.

\*\*\*

So feel HIM in your heart  
As I feel HIM in mine.  
And we will never part  
From HIS sweet love divine.

\*\*\*







## DEFECT:

There was some confusion over the postings for the trainees in Wellington region and several trainees were delayed in Auckland before going to their units.

Some LFTs are having to do full-time work in order to finance their units therefore little prakar is being done.

Work in SO was slowed down due to the arrival of new LFTs who spent time learning their designated jobs and settling in to the office routine -- this slightly affected the efficiency of the office. RU is still to be properly organized, resulting in insufficient guidance to units.

## SOLUTION:

After confirming postings with SO, the confusion in Wellington region abated and now all LFTs and trainees have taken up their positions.

Influx of trainees in the units will step up prakar effort.

The surest solution to financial difficulties in various units is to establish some type of business.

After new workers settle into SO efficiency should return to normal again.

An LFT has been posted as full-time RU secretary, but it may be the end of next month before he takes up his posting. This should help to firmly establish RU throughout the sector.

## 2. STRUCTURAL SOLIDARITY.

Most units report that unity and communication are good. Group service projects are doing much to increase a feeling of consideration for others which is sometimes lacking in a jagrti situation.

## 3. IRSS:

Performed by Ac. Dharmapala in Hobart and Melbourne units. He notes improvement in organization and unit activities.

## 4. PYRAMIDICAL ORDER:

Most units report that PO is not yet applicable. Both Auckland and Hobart units are establishing PO which is increasing unit efficiency and helping structural solidarity. Hobart has formed a new unit committee. In SO, new workers have been settling in and PO is working well. The SEC is proving an able body in making decisions in the absence of SOS.

## 5. 16 POINTS:

All reports indicate that LFTs and trainees are making an effort to follow them closely. They have been introduced reasonably successfully to new Margiis and potential Margiis who are also making some attempts to follow them. They have been stressed by the trainees in their respective units, and self-analysis charts are to be distributed throughout the sector to make all Margiis and workers more conscientious in their adherence to them.

## 6. WHOLETIMER:

There are regularly 10 - 12 LFTs and Margiis who indicate they would like to do WT training.

## 7. SSS:

A retreat was held in Hobart unit early in this period: reports indicate that it was very enjoyable and inspiring. A regional retreat is planned for Wellington region in Nelson early in October.

## 8. DMS:

The next sectorial retreat is planned for mid-end January 1975. The located site near Brisbane was found to be unsuitable and there is a possibility that it may now be held in Sydney.

## 9. GAEA:

Still no news of Ac. Dharmapala's permanent residence case.

Demonstrations against the SCC (electricity co.) are still continuing. Signatures are being collected for a petition to the Minister for Local Government.

## 10. PRESS AND PRINTING:

Large press (prints up to 20" x 24") can be purchased from Divine Light Mission. Already plans are being made to have a complete and independent printing set up in Ananda Palli within a year.

September issue of 'Pranam' returned from printer's, was collated and posted out Wellington regional newsletter, 'Nataraj' is in the process of being printed in Nelson. A weekly bulletin of BARA's health is printed and distributed to the media.

## 11. PUBLICATIONS:

Initial work has been started on 'Art-alive', the RAWA newspaper. Plans are



underway for a cookbook of simple, sentient food preparations -- recipes have already been collected. A weekly PROUT paper is in the planning and will come out next month by HIS grace.

## 12. FINANCE:

Financial condition of many units is in need of stabilization in order for more effective and extensive pracar work to be done.

## 13. ISMUB:

Nothing to report as both SS and SOS were out of sector.

## 14. MODEL DIOCESE:

Ananda Palli: Seasonal work in the orchards continues with Margiis from Brisbane coming in to help.

Ananda Palli has been designated as a master unit. A Spiritual Forum is being established and a RAWA newspaper is currently being completed.

## 15. LTC:

7 Margiis in the units wish to do LFT training. A permanent LTC is planned for Ananda Palli.

## 16. JAGRITI CONSTRUCTION:

Activities in new Sydney jagrti are getting underway and 'restoration' work continues on Melbourne jagrti.

## 17. AMURT:

Brothers and sisters from SO and the Sydney unit are presently doing Red Cross First Aid training course. In Hobart work is being done in conjunction with the Civil Defence. DDC has been done regularly in Brisbane and Sydney units with noticeably good results.



## Key to Abbreviations

1. SO -- Sectorial Office
2. SOS -- Sectorial Office Secretary
3. SS -- Sectorial Secretary
4. SEC -- Sectorial Emergency Committee  
(comprised of Sectorial Assistant  
Dharma Pracar Sec., ERAWS Sec.)
5. SA -- Sectorial Assistant
6. DPS -- Dharma Pracar Secretary
7. PRS -- Public Relations Secretary
8. LFT -- Local Full Timer
9. LTC -- LFT Training Centre
10. WT -- Wholotimer
11. RU -- Renaissance Universal
12. RAWA -- Renaissance Artists and Writers  
Association
13. PROUT -- Progressive Utilization  
Theory
14. RDS -- Review - Defect - Solution
15. SS -- Structural Solidarity
16. PO -- Pyramidical Order
17. SSS -- Sarvatmakam Seva Shivira
18. DMS -- Dharma Maba Samelam  
(A seminar when a representative  
of BABA comes to speak)
19. GAEA -- Guard Against Enemy Action
20. PP -- Press and Printing
21. ISMUB -- Inspection Seminar Utilization  
Board
22. MD -- Model Diocese (Special and exemplary  
activities)
23. DDC -- Door to Door Contact
24. RM -- Revolutionary Marriage
25. WWS -- Women's Welfare Section
26. N.B. -- Namaskar BABA.





# A Yogi is a neat Man !

There once was a sadhak called Chaos Kumar  
Who lived in a state of confusion:  
His calamitous schedule and external disorder  
Reinforced his internal delusions.

( His cave was a mess.  
His blanket was noted for its wrinkles and continuous creases.  
His loincloth for its stitches and safety pins.  
And his altar was altogether untogether )

He explained in a voice that stumbled and stuttered  
That his world was a mess since his mind was so cluttered!  
Therefore, how could anyone expect him to  
( Get up on time, not drop his chopsticks on the floor.  
Keep the lid of the toothpaste on, pick up after himself  
And remember to dust his jappa beads?)

One day, while exploring the distractions of his dizzy and directionless mind.  
He encountered his cousin, Dutiful Devi.  
Astonished at her comeliness and peace,  
He asked her, "What is your secret?"

With the wisest of smiles, she replied,  
"Practise neatness, experience sweetness "

From that very day, word spread near and far  
Of a veritably sparkling yogi:  
Chaos Kumar changed to Cleanliness Kumar  
For he shone with his Father's glory.





## A PRACTICAL MAN



There was once a disciple who had a very fine moustache, but there was only one trouble -- the fleas thought it was a very fine moustache too and they all agreed it would make a lovely home for them. The disciple didn't mind the fleas themselves, but the fact that they would drop in every time he opened his mouth was absurd, furthermore, since he was a vegetarian, it was difficult trying not to swallow or kill them. At last he decided he would get rid of them. He tried a number of ways. First of all, he bought an electric fan and sat in front of it hoping it would blow them all out, but they clung to him more tightly than ever. Then he put turpentine on his moustache but soon found he was scrubbing it off very quickly-- it was burning him more than it was the fleas. After his recovery, he desperately tried for the last time. He sat face down with his head in a bucket of cold water and soaked his moustache for a long time. It sure got rid of them, but, there were two fleas left and in a couple of seconds they had raised a family of a couple hundred members. Now it was worse than ever and he was in despair. Then a brilliant idea came to him, he would go to see his master and ask for advice. He travelled many miles until he came to his guru. He found the guru sitting up in a tree stroking a long white flealess beard. "Ah, excuse me," the disciple cried, looking up to where the guru was sitting. "Excuse me," he said again, "do you think you could help me with a problem?" The master didn't say anything, he just sat there stroking his beard and looking up at the sky. After about 30 minutes, he climbed down from the tree and taking a pair of scissors out of his pocket, he snipped off the disciple's moustache and said, "A yogi is a practical man."

- Kathy



# ananda palli

Ananda Palli is the only place I have seen as yet where I could visualise BABA being driven up in a car, stepping out, perhaps looking around at the bush, buildings, vines and view which first meet the eye, and smiling, knowing it all anyway.

It is a beautiful place, graced with HIS presence and glowing with potential. Its 90 acres are interspersed with patches of bush naturally left between the orchards of many and varied fruit, and extend down the side of the valley which it overlooks. There are perfect positions for BABA's house (MG Quarters -- Marga Guru Quarters) -- the priority building project, the school (to be started next year) and the many other buildings and projects planned initially (including a stone masonry industry). BABA has given it the name and it can only grow into the 'master unit' HE wants it to be.

The idea of a farm community run on the principles of PROUT took form during the first training centre for LFTs held in Sydney Sector from last December to March. The three LFTs assigned to the project spent much time immediately after their training looking for a suitable property close to Sectorial Office, which is situated in the city of Sydney. The idea for a permanent training centre to be built on the land was already in full swing by this time and so it was thought that close communication needed to be kept with the office. Then, as the ideas grew and minds expanded, it was gradually realized that there are no limits on BABA and there was no reason why we had to pay high prices for a small property close to Sydney. Thus it was, that after many uplifts and let downs, HE finally led us to the land which is now wholly Ananda Marga's.

The former owner had lost his thumb in a machinery accident and his working capacity was so diminished that he could no longer run the farm at a profit. Through his willingness to do without much more money than we could afford (and BABA's grace, of course) we finished negotiations in June and the three expanded LFTs moved up there in early July. There is now a community of six (including a baby) living and working on the land. As it is only 60 miles from Brisbane (just north of the NSW-Queensland border), Margiis from Brisbane often go there to help out. It is possible that around the end of the year, a major part of the Sectorial Office will be moving up there, initially to function at Stanthorpe, the near by township.

It is envisaged to have all the above mentioned projects and more happening at Ananda Palli and I am sure that one day soon BABA Himself will come to bless HIS Abode of Bliss.

- Navakumara



In the Perth unit, activities in WWS are reaching a crescendo. Some time ago a Women's Activity Centre (DAWN -- Development and Awareness for Women Now) was conceived of and planned. This recently opened for the women of the Kalamunda area in Western Australia. The activities are directed towards self-development and dynamic action in society.

Childcare arrangements have been made on a roster basis so that all mothers can participate. The activities include playgroups, relaxation classes, creative movement, discussions, talks by visiting speakers and introductory instruction in meditation.

RAWA is organizing films for the children, and art activities.

With this centre, not only is the development and awareness happening for women, but different service organizations and the general public are coming to know and

participate in AM activities. Projects such as the Centre are the most valuable way of saying who we are and what Ananda Marga is and are an indispensable form of prasar. The surface area of AM activities expands as other organizations such as the Lion's Club and Rotary Club are asked to assist financially. Magazines for the Centre are being collected door to door, and naturally this will arouse interest in the project.

Very importantly, information and ideas are given in written form to the women. These cover a wide range of topics, but especially popular are creative ideas for children's games and learning activities. Mothers who have come in contact with Ananda Marga through the Centre have expressed interest in the primary school which is to be started in Perth next year.

## ON SETTING UP A HALF-WAY HOUSE.

Nearly every social worker I have spoken with has pointed out a great need for half-way houses. For patients discharged from psychiatric hospitals or rehabilitation centres for wards of the state, there are really very few suitable dwellings, which can provide a stable home life in a warm and loving atmosphere, for these persons to go.

Setting up a half-way house is a relatively simple operation, particularly when you consider the service that it is providing. Government approval is not necessary unless you are applying for a grant of some kind. Regulations regarding housing children under the age of 16 vary from state to state, but in the situation of children, effort will have to be made towards their education -- a possible project to run in conjunction with an AM school. So if you are going to cater to young adults who are able to work or to older persons who are either able to work or are receiving pensions, the project will be simple to get underway.

Just find a large house, put up the bond on it and either take the responsibility of running it yourself or find another Margii to do so. Social workers and psychologists will gladly refer people to you.

There are some things to be careful of with this kind of project. First of all, you want to be clear in your own mind, as well as making it clear to the social workers and patients, what your objectives are going to be in the house. You will want the kind of

people who may benefit from various programs you would be conducting within the home, i.e. relaxation and meditation, creative movement, awareness games, social awareness, philosophy and various practical projects so that the 'served' may have an opportunity to do service -- you might organize a weekly outing to visit children or elderly people and sing songs. In other words, AM half-way houses should function as more than someplace for a bunch of people to live. Also, you will find that your energy will become very drained if you take on more people than you can handle or if the kind of people are very difficult. You can be selective about who moves in, particularly until you have more experience or more people to help you run it. Four to six persons plus two Margiis may prove to be a handful depending on how you are organized and whether or not they are able to go out and work during the day.

A home like this is of particular service to our sisters because women are facing many more social pressures when they are on their own, plus their wages are generally less than men's. There are virtually no suitable dwellings for girls and women who are often forced into less virtuous positions in order to survive. You will probably find various community groups (Lion's Club, Rotary or the social workers) very sympathetic and helpful in terms of donations, advice and support. If you attempt to involve the community at large in helping you to furnish, etc., you may find this project a very valuable means of prasar, allowing you to make many contacts for future ideas you may have.

- Karuna



# SUNRISE DEVELOPMENT

stu-vol

an activities centre

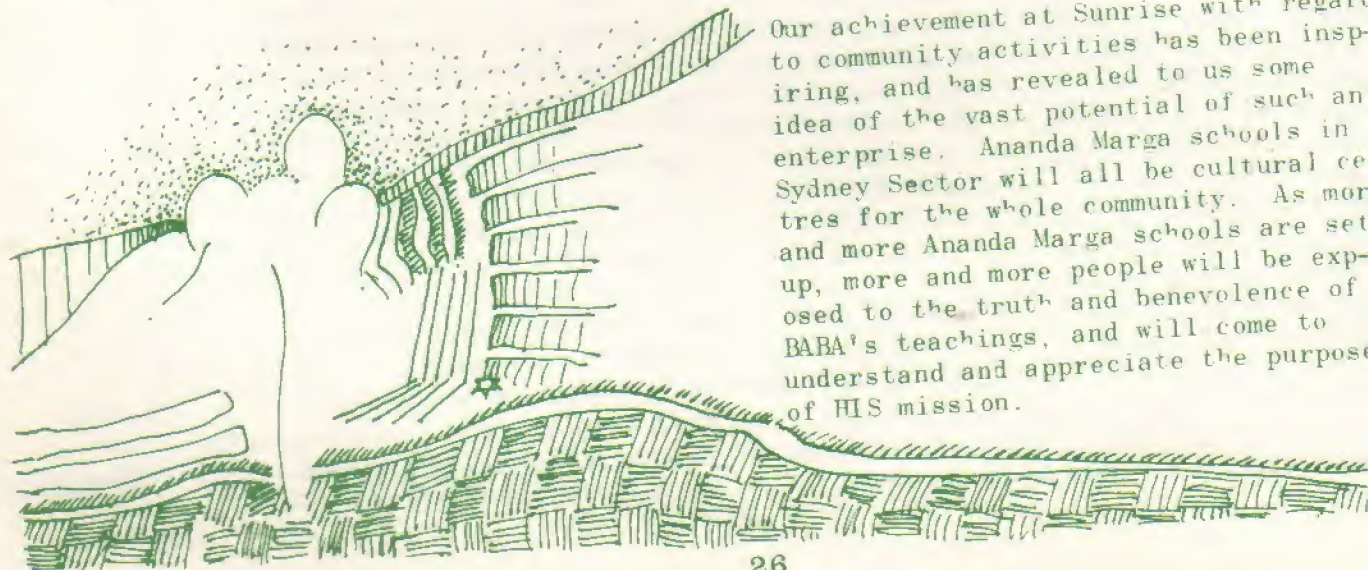
BABA has outlined the importance of students in Ananda Marga schools becoming involved in volunteer work as service to humanity. At Sunrise, the students and teachers have visited a large school for spastic children not far from the school location. They entertained several classes with songs and allowed the children there to participate with percussion instruments. The students have also been involved in cleaning the surrounding streets and land near the school of rubbish discarded by passing motorists. Many bags were filled with glass, plastics, bottles and cans, leaving the environs somewhat more pleasing to the eye.

The need for some more permanent project has been realised and at present investigations are being made into having the students enter a Red Cross training course in order to give them some knowledge and practical experience of first aid treatment in accidents and emergencies. Also contact has been made with the 'House with no steps', an organization which has under its care paraplegics and cripples confined to wheel-chairs, in the hope that the students can offer their services in any form or many to alleviate the suffering and bring HIS bliss to more unfortunate brothers and sisters.

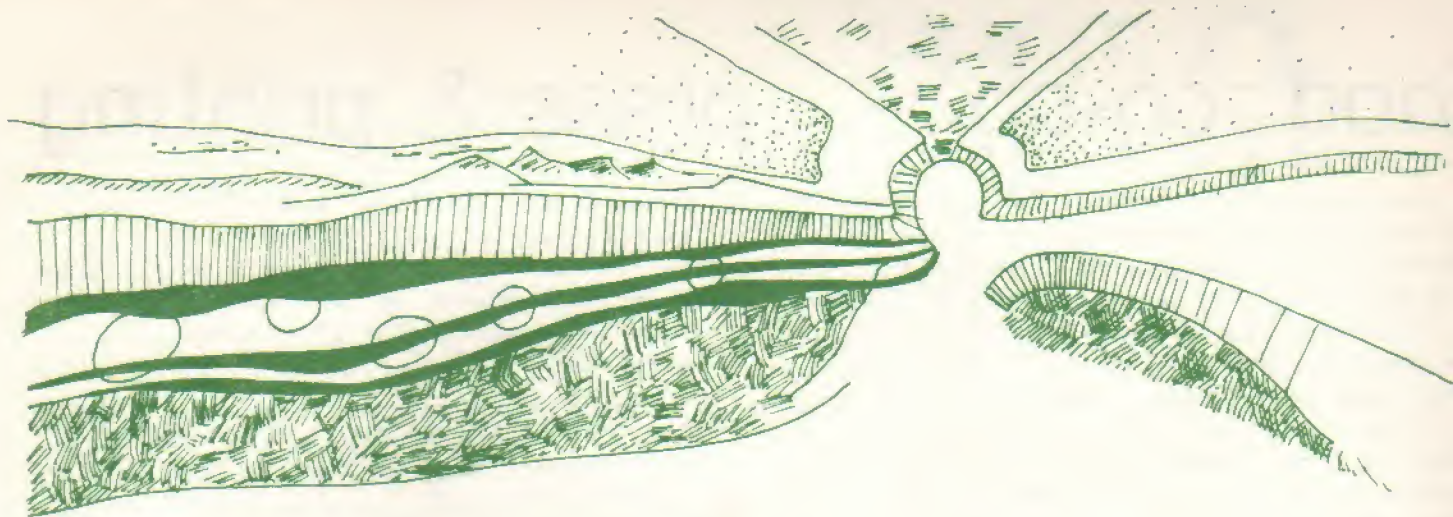
At Sunrise we are dedicated to the belief that a healthy adult life requires continual efforts to expand the mind. We also firmly believe that facilities should be made available to students who are deeply involved in interests aside from their school studies. These ideals have guided us to set up numerous extra-curricular classes and activities at the school.

On the spiritual level, a meditation and relaxation class ran for nearly half the year on a regular basis, and classes on spiritual philosophy and spiritual education, mainly for the parents of school pupils, were also held. On the intellectual level, numerous astronomy classes have been arranged, and a chess club has also been established. On the physical level, there have been health-food cooking classes, showing just how delicious a proper diet can be, and a health-food co-op based at the school is successfully providing parents and local residents with a more spiritual diet. On the social level, there will be regular film nights, featuring films which are both creative and inspiring.

Our achievement at Sunrise with regard to community activities has been inspiring, and has revealed to us some idea of the vast potential of such an enterprise. Ananda Marga schools in Sydney Sector will all be cultural centres for the whole community. As more and more Ananda Marga schools are set up, more and more people will be exposed to the truth and benevolence of BABA's teachings, and will come to understand and appreciate the purpose of HIS mission.







# Men of Intellect

Men of intellect who have led society along the path of progress, who have used their gift creatively and with a deep respect for Truth, have always been in tune with the richer and more subtle realms within. Not only artists and philosophers, but also the great scientists, have pierced the sub-conscious mind, the layer of mind which is the fulcrum of all creativity. The sub-conscious is studded with treasures from the eternal storehouse of the causal mind, and here the discerning and spiritually-beatified intellect can occasionally unearth some exquisite and timeless treasure, for all humanity to marvel at. Newton, Einstein, Jung, Chandra Bose -- these great scientists epitomise the fact that every major, progressive and enduring step in science has been made by spiritually-elevated people.

Astronomy in particular is a science where the outstanding figures have been highly spiritual people. Time, place and person cease to exist for astronomers -- they contemplate a world where stars and galaxies are born and die, where events millions of years old are only now evident, where the physical limitations of our planet crumble away. We held an astronomy class at Sunrise School one evening and Graham, a nuclear physics student, especially fascinated by astronomy, took us on a magic trip to Mars.

Mars, our close neighbour, has a mountain nearly twenty miles high with sheer cliffs at its base three miles high and winds sweeping around its side that break the sound barrier -- just imagine what marvels our solar system, our galaxy, our universe, hold!

Graham had a special gift. He told us that if confronted by some question on a science experiment he had not even heard of before, all else would disappear from his mind and he would witness the experiment carried out -- the materials needed for the experiment, the experimental procedure, the results obtained. This ability of Graham's gives just a small indication of the potential of a man of intellect who is spiritually oriented. Scientists of the future may be able to conduct the most elaborate, expensive and complicated experiments just by sitting down and imagining them!

Maybe Graham will be one of the great scientists, the men of great intellect, of tomorrow, maybe not. What I do know is that he has awakened me to the fact that science will enable humanity to do anything. Just to stand the pace of their professional scientists of the future will all have to be highly developed in intuitional science and benevolent outlook. And with that, the speed of man's progress in science and technology will be unlimited: with that the material foundation of Sadvipra Samaj will be assured.

- Devasvarupa



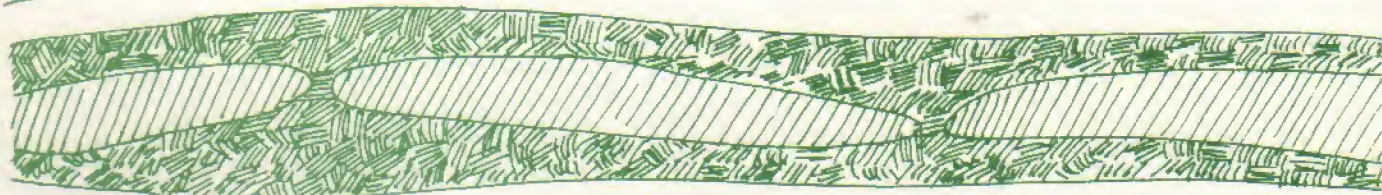
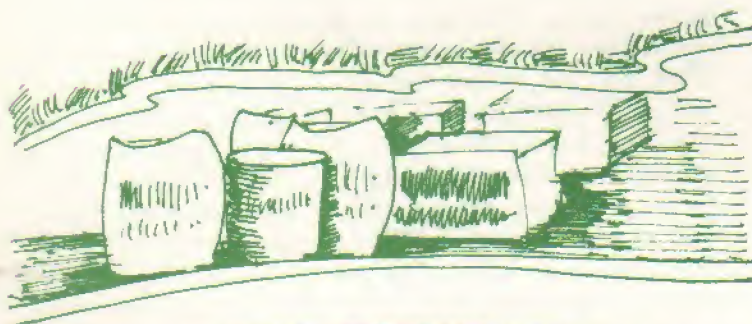
# food co-op

A food co-op for consumers has now been in operation quite successfully for the past three weeks in Sydney unit, and is purchasing bulk food for eight groups and families, including Ananda Marga's Sunrise School. On Wednesdays we purchase dry goods and keep some bulk flour, wheat, rice, etc., in storage, and on Thursday mornings we go down to the wholesale markets to buy fruit and vegetables, which are packed that afternoon and picked up by co-op members the same evening.

Besides providing an essential service to the community by enabling members to purchase food at cheaper prices, it brings Margiis and the public closer together

A network of food co-ops established in major cities throughout Australasia, will provide outlets for the proper distribution of goods to the society. BABA has recently said that food co-ops are a priority and must be responsibly run in order to function with maximum utilization. So, any ideas from the units on the running of a co-op would be most welcome, and similarly, if we can help any units with our ideas on how to establish a food co-op, we can send details of the functioning of the one in Sydney.

Namaskar,  
Your brother in Service  
Anamitra



# press & printing

Here in Sydney BABA's infinite grace has just manifested itself in the form of a printing press. After a long time of looking for such a machine, our search has finally been successful (everything has its own Kala...)

It is quite a big machine, prints up to 10 x 24" (large enough to be able to print our own newspapers. It is little on the old side, however it seems to be in favourable condition. We are now in the process of cleaning it, (which entails pulling it in pieces), and afterwards we will have to put it back together again.

We bought the press (very cheaply) from brothers and sisters in Divine Light Mission (many thanks!) and have found a suitable location in the city where we will establish our 'PROUT Press' business, until such time as we are able to move it out to Ananda Palli (the PROUT community). The acquisition of the press will now enable us to do much Viprocita Seva, which will help bring some of our suffering brothers and sisters to BABA and do much to help establish Sadvipra Samaj.

Some projects to help the machine from becoming bored and rusty include, (besides all the pracar pamphlets and posters), 'Pranam', 'Artalive' (the RAWA newspaper), the new PROUT weekly newspaper and BABA knows what else. We also hope to do some commercial jobs to help cover the costs.

These plans make one thing obvious -- our Press and Printing Section will need more than one person: we will need one or two Margiis, who either know how to operate off-set machines, or who are willing to learn and give their services in this field. If you would like to give it a try, then contact Kapil at the Sectorial Office as soon as possible.

Much love and namaskar.





# SPIRITUAL Forum

RAWA activities are now starting to branch out into arts other than the visual. It has been evident for some time now that there was much musical potential amongst the people interested in RAWA, not only as performing musicians, but also as song-writers. So a number of original BABA songs were gathered together and some selected to be recorded on a long playing record.

We were fortunate in getting the help of several professional musicians/composers, and Chris, a sound engineer, who made us a generous offer in the use of a recording studio. BABA has really been looking after us.

Everything started to work out well after a short period of rushing organizational hassels, and recording began.

So far we have laid down all the backing tracks and have now to do overdubbing -- vocals and other instruments, and it is shaping up very nicely.

There's quite a variety in the type of material being presented, which will mean something inspiring for almost anyone listening to the album -- in fact it's coming together so well that we have altered the original plans to get it pressed for limited distribution amongst spiritual groups and RAWA people, and are now going to use what we have recorded as a demonstration tape to present to a commercial recording company. So, if they like it, they will take on final recording and distributing arrangements, and a much wider range of people will be listening to the first sounds on a RAWA label.

Once we get our own record label established, we hope to branch out into other recordings. So if you know of anybody playing or writing music of inspirational nature or any professional musicians interested in helping out with session work, please contact me through Secretarial Office or at the Sydney number 919 4734.

- Radha

Now the Spiritual Forum in Sydney is well underway. It is being held in a central city location in a very sentient hall belonging to the Quakers. An attractive handbill/poster advertising the Forum has been put in pertinent places throughout the city and also enclosed in a letter which went out to about 40 groups telling of the commencement of the Forum. Also an article about the Forum appeared in the October issue of 'Cosmos', a nationwide newspaper, put out by members of the Theosophical Society, dealing with spiritual and religious topics.

Ananda Marga initiated the first gathering on Wednesday October 2nd, when Karunaji told those present a little about AM philosophy, explaining the concept of Dharma, and also about the practical examples of AM such as the Sunrise School and the growth of RAWA.

Afterwards, in the discussion period, members from the Unified Family, the Liberal Catholic Church and DLM asked questions, showing great interest in the AM programmes. As it was only the first Forum, and as still none of the general public was present, the discussion period did not prove as interesting as the informal gathering which happened later in the evening over tea and biscuits with BABA NAM KEVALAM from Helsinki providing the background music.

The second presentation on the following week was by the Unified Family, who explained in the barest outline the philosophy of the Divine Principle as given by Mr. Moon. Our precarious efforts having proved more successful, several 'outsiders' turned up and also a number of people from the New Age Spiritual Research Centre, making the discussion period even more interesting.

Rev. Henderson from the Liberal Catholic Church, who has shown great interest in the development of the Forum, is to give the third presentation.

With such open co-operation between the various groups, the possibilities are endless. Already plans are in the air for group service projects and the compilation of a directory of spiritual groups.



# publications

THE P.R.C. (PUBLICATIONS REVIEW COMMITTEE) HAS NOMINATED 'RENAISSANCE' FROM MELBOURNE REGION AS THE BEST REGIONAL NEWSLETTER FOR THE MONTH OF SEPTEMBER

News has come from India that we are to start producing a 'Cheap Literature Series' (just for the records -- 'CLS') That is short, attractive, very readable booklets on approximately 30 aspects of Ananda Marga. Topic might include -- "Meditation and Drugs", "Questions and Answers about Meditation", "Women's Rights and the Spiritual Path", "Politics and Yoga", "Education and the Spiritual Path".- you might think of other topic that should be included: if so let us know. These booklets are to be distributed commercially as a means of letting more and more people know about the spiritual way of life.

By now you may know of the 'articles competition' that has been instituted in the Sector. We're hoping that all of your literary talent combined with a zeal for spreading HIS mission will become manifested in the form of articles which we will use, not only for internal publications, but for submitting to outside newspapers and magazines, especially 'alternative life style' ones, and now for material for the Cheap Literature Series. (You might note that Radhaji's article on Yogic food has been published in the October issue of 'Cosmos' -- it was an oversight that Ananda Marga was not mentioned in connection with the article, but, by HIS grace, she is already receiving letters concerning the article. Her replies may or may not be published, but anyway you can see that it is a very effective and far-reaching way of performing Viprocita Seva -- part of our Tapah.)

Don't be too concerned about the grammar or spelling, if you have something to say, follow HIS inspiration and say it any way you can -- often the most spontaneous writings are the most inspirational -- grammar, etc., is of secondary importance, so long as its basically understandable we can fix it up

Dada Abhrik brought back the approved text of the long awaited 'An Introduction to Ananda Marga', this is in the process of being type-set and printed now, so it should be available for distribution sometime next month

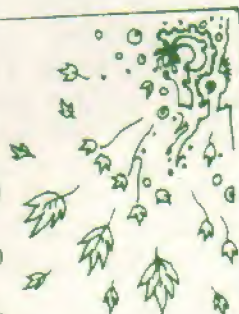
Also next month we will be bringing out our weekly PROUT paper -- by HIS grace This will cover various radical and not so radical happenings that are boosting the formation of a new society and will be a means of disseminating RABA's PROUT philosophy. Putting this out weekly is going to be a mammoth task and at present only Vasudeva is able to devote a reasonable amount of time to it, so if anybody is interested in doing some reporting for HIM, we could sure use you.

RADHA from her one-woman 'RAWA unit' in Palm Beach, Sydney submitted the best Ananda Marga article for the month of September. It was entitled 'The Vital Food of the Yogi' and was published in October's 'Cosmos', a Theosophical Society newspaper dealing with spiritual and religious topics, which has Australia-wide distribution.

## Overseas mailing rates for Pranam:

Sector	Surface mail	Air Mail
Georgetown, Cairo, Nairobi, Hong Kong	A \$4.00	A \$12.00
Delhi	A \$5.00	A \$10.00
Manila Sector	A \$6.00	A \$15.00
New York, Berlin Sectors		

Please note that figures are given in Australian dollars. When sending money orders, bank drafts, etc., these should be converted to the local currency equivalent first.





# cosmic correspondence from europe ~

Brother, Namaskar to you, and thank you very much for the fine letter. I am very very happy to read all the activities that BABA is bringing to bear in Australia. It is a bit surprising to me since the Sector has only so recently had intensive coverage by Acaryas. I mean by that, that Ac. Dharmapala and Ac. Abhaik came there only recently and I believe they are the only two yogis in Australia at the moment. I suppose that when things are ripe, it doesn't need much for the fruit to fall.

Europe is a very different picture. And within that, Germany is also a special case. In terms of actual projects things are moving slowly because it seems to take a long time for the Margiis to realize the desire to serve. In Germany especially, there is so much cynicism and skepticism regarding spiritualism and even social service. In Italy the situation is that in one city there were already 51 yoga schools before we came there! So you can imagine the people were not overly excited. In Scandinavian countries we find many very open-minded people, but a great barrier existing between people in terms of interpersonal relations. So that has to be melted through love first, and it takes time. In England, perhaps, the field is most ready for service projects, although the traditional English reserve makes contacting people a little hard sometimes. I had an opportunity to visit our main centres in London, Birmingham and Liverpool just after our last retreat in Oslo, and I feel that the growth in England will take more time before the collective energy gets really high. However, a few projects are underway. In Birmingham a care and old peoples' service may begin as well as some work with handicapped children. In Liverpool a food co-op and street theatre are going well. In London, a big faceless city, we are only on the threshold, but it's coming.

France, Belgium and Spain are not yet covered, although Ac. Yajinavalkya Brc. is planning to tour there soon. In Holland, the Amsterdam unit and nearby Vollendam unit are just ready to start some things.

There is a press available to us there and some prison work may be possible. One brother, who is a recording artist, desires to help establish RAWA by helping with a recording contract. We will see how that progresses. The RAWA group from Berlin, called Prashanti, has been touring around Europe and their music is quite good. I will try and send some tapes.

In Scandinavia, Ac. Mavatiita and Didi Ac. Anamika are working to build a strong base. Some prison work is on-going and a lot of work with drug abusers was done last year. In Switzerland a press is being established, and in Italy... well in Italy we are still very young.

Berlin is the Sectorial HQ and the most activity is here because it was the energy centre from the beginning. We have an Ananda Marga kindergarten with 15 children (the legal limit). Through this we are also reaching the parents with classes and information about vegetarian living. A service for old people has been started in two of Berlin's three units (the city was so big we had to split up. Eventually each of these units will have its own boards). Pracar is being done in local schools, tea houses, and hopefully prison work will begin soon. Ananda Marga is also operating one of the cities few Macrobiotic restaurants and shops called Peace Food.

The three units meet for local DCs every Tuesday evening and attendance averages around 15. At the all-city DC on Sunday night we average around 45 and often have 60-70.

I have been working with the US Army in Berlin in their Drug Rehabilitation programme and visiting patients on the "drug ward" at the army hospital. We also have a programme at one of the city's youth centres and every Saturday there is a programme of "Mind Games" and lecture on Yoga at Peace Food. Our first LFT session is scheduled to begin in October.

So that's all the news for now brother. All love to you and our family in Australia.

Tatt. Anshumalii Brc.



# BABA's Business

TOUR SCHEDULE FOR AC. ABHIJIT KUMARA BRC. -- NOVEMBER TO DECEMBER 1974

## Sydney Sector Tour:

October	31 -	Canberra	
November	2	Ananda Palli	
	5 - 6	Brisbane	Regional SSS retreat
	7 - 15	New Guinea	Regional SSS retreat
	14 - 18	Brisbane	
	19 - 21	Sydney : Ananda Palli or Stanthorpe (open)	
	22 - 25	Sydney	Regional SSS retreat
	26 - 27	Melbourne	
December	28 - 2	Hobart/Launceston	
	3 - 5	Adelaide	
	6 - 10	Perth	
	11 - 12	Melbourne	
	13 - 17	Canberra	
	18 -	Sydney and open	

TENTATIVE TOUR SCHEDULE FOR AC. DHARMAPALA BRC. -- NOVEMBER TO DECEMBER 1974  
(pending the outcome of his efforts to obtain proper visa)

## Melbourne and Perth Regions Tour:

October	29 -		
November	15	Melbourne	
	16 -		
December	2	Hobart/Launceston	Regional SSS retreat
	3 - 5	Adelaide	
	6 - 18	Perth	Regional SSS retreat
	19 - 30	Adelaide	
	31 -	Melbourne and open	

## The Second Bi-annual Sydney Sectorial Seminar

By HIS grace we will all be given the opportunity to come together once again and be showered with HIS Divine Radiance.

At the moment BABA is intensifying the speed of Ananda Marga all over the world, making it many times greater. The Sectorial Seminar will be another instrument in HIS hands to help everyone in their spiritual evolution, bringing us closer to our Supreme Goal.

When so many Margiis congregate, the consequences are great and far-reaching. Just the lead up to such an event is full of incidents so extraordinary and unusual that one cannot help but feel HIS Divine Presence guiding everything.

It was easy to see the immense impact that the last SSS had on HIS mission in Sydney Sector, and already, when one thinks of this coming SSS, the idea that it will be just as significant immediately pops up.

The theme of this SSS is 'Courage, Wisdom and Unity', the three qualities which BABA says we must have if we are to establish Sadvipra Samaj. Certainly from the SSS our feeling of unity will be heightened and in turn our courage strengthened. Greater wisdom will come through BABA's presence at the seminar and what we learn there from our brothers and sisters.

The SSS is scheduled for mid-January. Start preparing now. The exact dates and more details will be given in the next of 'Pranam'.



## POSITIONS VACANT

1. Sectorial Office urgently needs an efficient typist. At present this responsibility is falling on some of the secretaries and as a consequence their work often falls behind. So if there is anyone who feels they would like to contribute their services in this way in the nucleus of HIS mission's activities in Sydney Sector, please contact Sectorial Office as soon as possible.

2. Now that a printing press has been acquired one or two more workers are needed who can devote their time wholly to operating it. Experience in handling a press is not really necessary so long as you're willing to put full effort into learning the trade -- HE wants each Sector to be producing a daily newspaper, so we're going to need someone who knows how to print ours, soon.

## EQUIPMENT NEEDED

1. Although, be HIS grace, we now own a large printing press, we are still in need of a smaller one in order to efficiently do the smaller quicker jobs. So, if anyone happens to come across a small off-set press, please let us know.

2. Some of the sisters in Sydney are now anxious to get a crafts workshop going -- this will be taken up to Ananda Palli when some of the Sydney workers move and will be developed into a small industry -- so if any body has equipment and tools that they are no longer using, could you let us know at Sectorial Office. Especially sought after are a spinning wheel and loom.

## AVAILABLE FROM PUBLICATIONS DEPARTMENT

### Limited numbers of BABA's books:-

Subhasita Samgraha Parts I,II,IV	.80¢ per copy
Human Society Parts I,II	.80¢ " "
Idea and Ideology	.80¢
Problem of the Day	.50¢
To the Patriot	.20¢
Ananda Sutram	.50¢
Abhimata	.80¢
Ananda Marga (Elementary Philosophy)	.80¢
A Guide to Human Conduct	.20¢

-- of \$7.80 for one complete set

### Also available:-

BABA's Life Story	.50¢
Prout -- What it stands for	.50¢
Spiritual Practices	.20¢
BABA Songs	.20¢

(supplementary pages now available)

All orders should be pre-paid, including postage (air mail 25%, surface mail 15%) with cheques or postal orders made out to "Ananda Marga".





# addresses

## WORLD HEADQUARTERS

Ananda Marga Pracaraka Samgha  
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India

## SYDNEY SECTOR HEADQUARTERS

Ananda Marga  
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## ACARYAS FOR SYDNEY SECTOR

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Ac. Sumitananda Av.  
c - Wellington Regional Office

Sectorial Office Secretary  
Ac. Abhiik Kumara Brc.  
c - Sectorial Office

Ac. Dharmapala Brc.  
c - Melbourne Regional Office

## SECTORIAL BOARD MEMBERS

Sectorial Assistant  
Gomatii  
c - Sectorial Office

Dharma Pracar Secretary  
Harideva  
c - Sectorial Office

ERAWS Secretary  
Karuna  
c/- Sectorial Office

Finance Secretary  
Paritosa  
c/- Sectorial Office

## SPECIAL PROJECTS

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Box 3  
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Belrose, SYDNEY  
N.S.W. 2085  
Ph. 452 2645

## SYDNEY REGION

c - Sectorial Office

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A.C.T. 2601

## BRISBANE REGION

### Regional H.Q.

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Paddington, BRISBANE  
Queensland 4060

## MELBOURNE REGION

### Regional H.Q.

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51 Octavia St.  
St. Kilda, MELBOURNE  
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Ph. 45 5515

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41 Jordan Hill Rd.  
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Ananda Marga  
12 Torrens St.  
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South Australia 5059  
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## PERTH REGION

### Regional H.Q.

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## WELLINGTON REGION

### Regional H.Q.

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F2 127 Hursimere Rd.  
Takapuna, AUCKLAND  
New Zealand  
Ph. 490 518

Ananda Marga  
15A Riccarton Rd.  
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N.Z.  
Ph. 45 200

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Ananda Marga  
76 Queens Rd.  
NELSON, N.Z.  
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## PORT MORESBY REGION

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Papua New Guinea  
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### Mailing Address:

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Waigani Post Office  
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Papua New Guinea



NEW YORK SECTOR  
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WEST INDIES REGION

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Ph. 924-5258

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00141 Rome  
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Ac Mahesh Brc.  
c - Dr. Swami Hajez  
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CAIRO

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Ananda Marga  
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Porto Alegre  
BRAZIL

Juan Carlos Rodriguez  
Calle General Flores 4992  
Montevideo  
URUGUAY  
Ph. 589-972



Sr. Osvaldo Gonzalez Real  
Calle Paz Perez  
Asuncion  
PARAGUAY  
Ph. 23-992

Please inform us of any new addresses or any  
changes in address.

## UNITS AROUND THE WORLD

As it is impractical to list all the addresses around the world, the addresses given are only the major ones in each country. A list of the places around the world where Ananda Marga is established is given below -- the addresses of these units can be found by enquiring at Sydney Sectorial Office, or from the main address in the particular country as listed in the previous section.

### ARGENTINIA

Florida (Buenos Aires), Rosario,  
Cordoba, Mendoza, Mar del Plata,  
Bahia Blance, Tucuman, Olavarria,  
La Plata

### BRAZIL

Porto Alegre, Sao Paulo, Santos,  
Rio de Janerio

### CANADA

Burnaby, Cambellville, Grand Forks,  
Kitchner, London, Montreal, Ottawa,  
Vancouver, Vernon, Winnipeg  
These addresses are listed in the  
latest Crimson Dawn.

### ITALY

Milano, Rome

### WEST GERMANY

Berlin, Frankfurt, Bodensee Area,  
Tübingen, Friedrichshafen, Köln,  
Wiesbaden, Emmerich, Göttingen,  
München, Marburg

### U.S.A.

Units have been established in  
every major city and most towns  
throughout the U.S.

For further information contact  
Sydney Sectorial Office -- or,  
if available, the latest Crimson  
Dawn.

### FINLAND

Helsinki, Lahderanta, Tampere  
Vippula

### NORWAY

Oslo, Lillestrøm, Nordbyhagaveien,  
Landeranta, Lorenskog, Fsellhammer

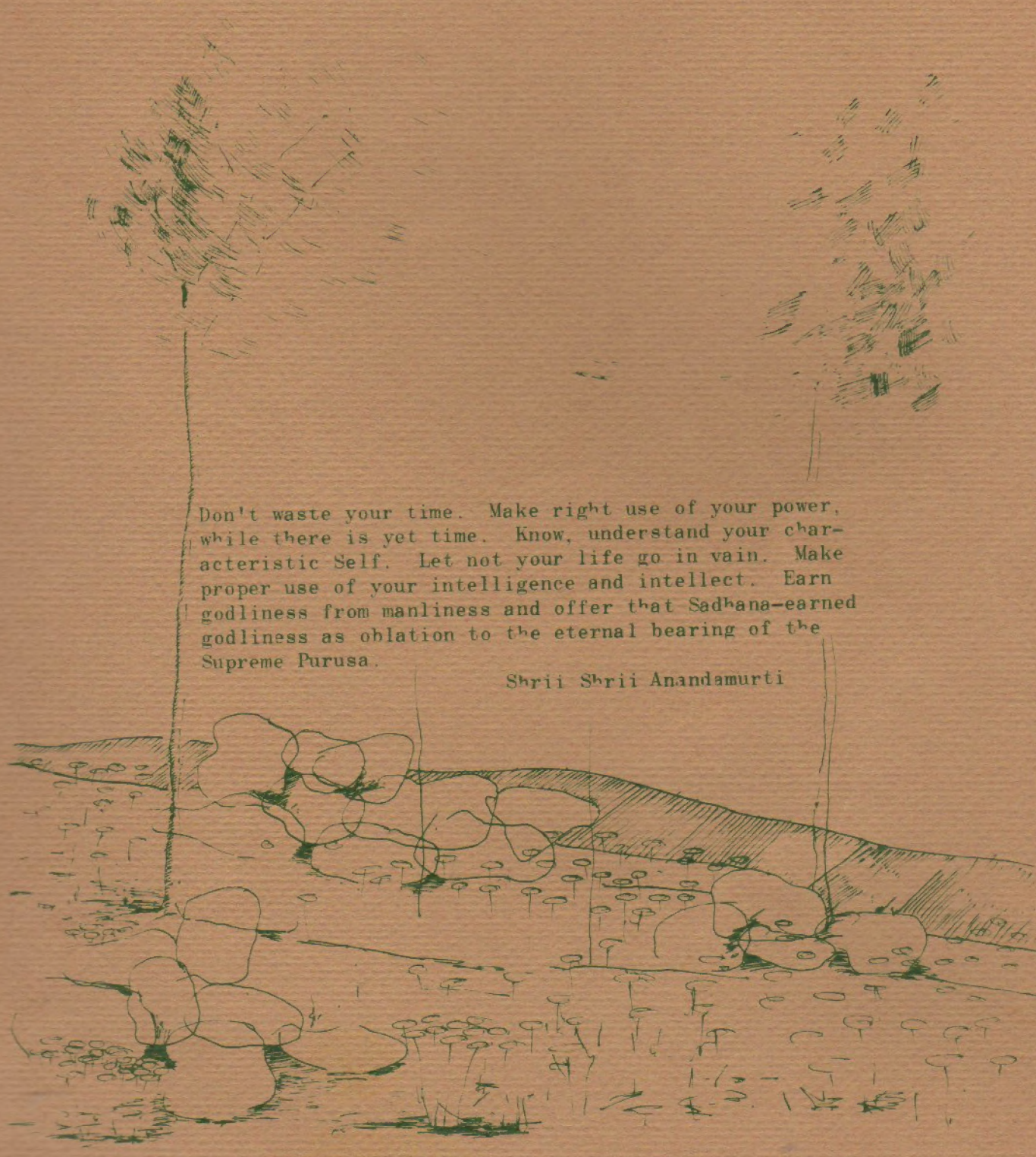
### SWEDEN

Stockholm, Upplandsväsby, Uppsala

### UNITED KINGDOM

London, Hull, Liverpool,  
Birmingham, South Wales,  
Yorkshire, Newport





Don't waste your time. Make right use of your power, while there is yet time. Know, understand your characteristic Self. Let not your life go in vain. Make proper use of your intelligence and intellect. Earn godliness from manliness and offer that Sadhana-earned godliness as oblation to the eternal bearing of the Supreme Purusa.

Shrii Shrii Anandamurti

NB. It has been brought to our notice that ANANDA PALLI is one word, ie. ANANDAPALLI, there is no separation of the words.





Published by HIS Grace through  
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